

Drug and Alcohol Prevention with Y4Y

May 20, 2014

1:00 p.m. EDT

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Disclaimer

This information is being provided as part of a Fiscal Year (FY) 2014 webinar for the “You For Youth” (Y4Y) professional learning website. This website supports the 21st Century Community Learning Centers (21st CCLC) grant program administered by the U.S. Department of Education. Information and materials mentioned or shown during this presentation are provided as resources and examples for the viewer’s convenience. Their inclusion is not intended as an endorsement by the U.S. Department of Education.

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Published Materials

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Please note that both the audio and video portions of this webinar are being recorded for archival purposes.



How to Use the Technology

The screenshot displays a Webex training session window. The main content area shows a presentation slide titled "Y4Y Web-based Training Online Professional Learning". The slide features the "Y4Y FOR YOUTH" logo, which consists of the letters "Y4Y" in orange and "FOR YOUTH" in green, with a stylized graphic of children giving thumbs up. Below the logo, the text "21st Century Community Learning Centers" is visible, along with the address "U.S. Department of Education, 400 Maryland Avenue SW, Washington, DC 20202" and the website "y4y.ed.gov". The Webex interface includes a top menu bar with options like "File", "Edit", "Share", "View", "Communicate", "Participant", "Event", and "Help". On the right side, there is a sidebar with tabs for "Participants", "Chat", and "Polling". The "Participants" tab is active, showing a list of participants: "Jim Kiley-Zufelt (me)" and "Jim Kiley-Zufelt (Host)". The "Chat" tab is also visible, showing a message from "Jim Kiley-Zufelt to All Participants: ...and it will display up here!". The bottom status bar indicates "Full Screen", "114%", "View", "Cisco Webex", "Event number: 669 671 597", and "Audio broadcast disconnected".

Y4Y
FOR
YOUTH



Introductions


Host:

Monique McDowell-Russell
Y4Y Training Specialist





Goals & Objectives

- Learn about the Drug and Alcohol Prevention resources available on Y4Y.
 - Gain ideas for integrating Drug and Alcohol Prevention into your program.
 - Discuss strategies for working with staff, students, and families.
- 

Polls





Expert Webinar

David Mineta

Deputy Director of Demand Reduction
Office of National Drug Control Policy (ONDCP)

Aaron White, Ph.D.

College and Underage Drinking Prevention Research
National Institute on Alcohol Abuse and Alcoholism (NIAAA)



Expert Webinar

Y4Y > Webinars

Webinars

Archived Webinars



- **[Drug and Alcohol Prevention with Y4Y](#)** **Tuesday, April 15, 2014**
Please join us on Tuesday, April 15, 2014 at 1:00 p.m (EDT) for a webinar on Drug and Alcohol Prevention with Y4Y. Our guest speakers will be David Mineta, Deputy Director of Demand Reduction in the... [read more »](#)
- **[Finishing Strong with Y4Y \(Coffee Break #11\)](#)** **Wednesday, March 26, 2014**
Join us for our next Coffee Break webinar, Finishing Strong with Y4Y, on Wednesday, March 26, 2014 at 12:00 noon (EST). Explore how Y4Y can help you engage your students amid all the distractions of spring... [read more »](#)
- **[Supporting Literacy with Y4Y](#)** **Wednesday, February 19, 2014**
Our next Quarterly Expert Webinar is entitled Supporting Literacy with Y4Y and will be held on Wednesday, February 19, 2014 at 1:00 p.m. (Eastern). Our special guests will be Cindy Rhoads, Regional Coordinator... [read more »](#)
- **[Motivating Staff with Y4Y \(Coffee Break #10\)](#)** **Thursday, January 16, 2014**
Don't miss our next Coffee Break webinar, Motivating Staff with Y4Y, on Thursday, January 16, 2014 at 1:00 p.m. (EST). Explore how Y4Y can help you motivate your team by developing their ownership of the... [read more »](#)

Size: 5.00mb



Online Professional Learning and Technical Assistance for 21st CCLCs

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For Staff

Find resources to help your students learn and grow.



Welcome

I'm very happy to share this online community with you, our talented and hard-working 21st Century afterschool professionals. We've developed this entire website based on what you're telling us you need to create engaging afterschool programs. The site will help you connect and share resources with your colleagues, provide professional development

Our Blog



Find a Program

After School Programs & Providers

State:

Select Your State



Find It

New Y4Y Content: Drug and Alcohol Prevention

February 8, 2014

The U.S. Department of Education, in close partnership with the Office of National Drug Control Policy, is proud to announce the addition of brand new content to the Y4Y Portal addressing Drug and Alcohol Prevention among our youth.

You'll find the new Drug and Alcohol Prevention content integrated into Y4Y's existing content modules where it is most applicable to your program staff's professional development needs. You'll find new pages and new examples to help you apply these valuable concepts in each of the following modules: Family Involvement, STEM, Project-Based Learning, and Strengthening Partnerships.

For quick access to an extensive list of Drug and Alcohol Prevention resources, click **Tools** on the menu bar and look for the Drug and Alcohol Prevention link in the right hand sidebar. All materials provided in the resource list and in the content modules are approved for your professional development needs by both the Office of National Drug Control Policy and by the U.S. Department of Education.

Finally, be sure to keep an eye on this newsletter for announcements about upcoming webinars on this subject. We'll be speaking with some of the experts who helped compile and prepare the content, and they'll be sharing practical strategies for how you and your staff can address this important and ongoing concern among our youth populations.

Posted in **News** | Tagged **Featured Posts**



Drug and Alcohol Prevention Resources

[Above the Influence](#) (ONDCP)

[Above the Influence Activities Toolkit](#) (ONDCP)

[Above the Influence Partners](#) (ONDCP)

[Brain Games](#) (NIDA)

[Brain Power! Grades K-1](#) (NIDA)

[Brain Power! Grades 2-3](#) (NIDA)

[Brain Power! Grades 4-5](#) (NIDA)

[Brain Power! Grades 6-9](#) (NIDA)

[BrainTrain4Kids](#)

[The Brain: Understanding Neurobiology through the Science of Addiction](#) (NIDA)

[Commonly Abused Drugs Chart](#) (NIDA)

[Commonly Abused Prescription Drugs Chart](#) (NIDA)

[Community Anti-Drug Coalitions of America](#)

[Community Education Training Materials](#) (DEA)

[The Cool Spot](#) (NIAAA)

[DEA Publications](#)

Drug and Alcohol Prevention

Drug and Alcohol Prevention

Find resources to support your program's efforts around **Drug and Alcohol Prevention**.

After School Toolkit

Afterschool Training Toolkit

Find research-based practices, sample lessons, video examples, and resources to support academic enrichment in afterschool. **Visit the Afterschool Training Toolkit**



Spotlight Topic: Drug and Alcohol Prevention

One area of adult development activities is providing families with resources that help them take action if they suspect that their child is having a drug or alcohol problem. Take a look at these suggestions for recommendations you can make to families.

- Direct them to [The Partnership at drugfree.org](http://ThePartnershipatdrugfree.org), where they can find information and strategies related to prevention, treatment, intervention, and recovery. The section called [Time to Act!](#) gives parents step-by-step instructions for how to approach a potential drug or alcohol problem. You can also provide families with the phone number for The Partnership at drugfree.org's toll-free helpline: [1-855-DRUGFREE](tel:1-855-DRUGFREE).
- The Drug Enforcement Administration also offers [numerous resources](#) to help families better understand drug abuse, talk to their children about drugs, and create a home environment that discourages drug use.
- If families want help talking to their children about avoiding drugs and alcohol, send them online to ["Talk. They Hear You."](#), a campaign against underage drinking created by the Substance Abuse and Mental Health Services Administration. In addition to learning from printable tip sheets, family members can practice talking to youth about alcohol through [Start the Talk](#), an animated, interactive simulation.
- Refer families to the National Institute on Drug Abuse's [Family Checkup: Positive Parenting Prevents Drug Abuse](#) website, where they can learn about five critical parenting skills that are linked to drug-free childhoods, and to healthy youth development and family relationships in general.



Support Families

The U.S. Department of Education highly values families as key partners in their children's education. This commitment is clear through federal support of programs designed to both educate caregivers and support families. Click on the titles to learn more:

- [21st Century Community Learning Centers](#)
- Elementary and Secondary Education Act

In addition to the U.S. Department of Education's programs that support families, other federal agencies and offices develop resources and programs that assist families affected by drug or alcohol abuse.

- [Office of National Drug Control Policy \(ONDCP\)](#)
- [National Institute on Drug Abuse \(NIDA\)](#)
- [National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#)
- [Drug Enforcement Agency \(DEA\)](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

- [Office of National Drug Control Policy \(ONDCP\)](#)
- [National Institute on Drug Abuse \(NIDA\)](#)
- [National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#)
- [Drug Enforcement Agency \(DEA\)](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)



Increase the Depth of Inquiry

Drug and Alcohol Prevention is a topic that, besides being important for the healthy development of all youth, is also a rich area for STEM learning. It's relevant to young people's lives, it's an example of [everyday STEM](#), and there are STEM concepts that apply for all ages.

Try [Brain Power! The NIDA Junior Scientists Program](#), created by the National Institute on Drug Abuse, for materials, lesson plans, videos, and handouts that you can use to guide youth in learning about drugs and their effects on the brain and the body. There are a few lessons about scientific inquiry, too. Brain Power! is for [grades K-1](#), [grades 2-3](#), [grades 4-5](#), and [grades 6-9](#).

For students in grades 6-10, [Heads Up: Real News About Drugs and Your Body](#) captures science concepts through current issues in drug and alcohol prevention.

Both sets of resources provide instructional guides to help staff facilitate STEM learning, encourage discovery, and build understanding.



Learning by Doing: Example

What do the learning activities of an actual project look like? Let's dissect a project to see how carefully planned learning activities can result in an answer to the driving question, a lot of learning, and even some fun.

For this example, we'll use the following driving question, one that addresses the Spotlight Topic of Drug and Alcohol Prevention.

How can we inspire other students to avoid drugs and alcohol?

It's a big question that calls for a big approach, so let's zoom in on just one of the possible ways to tackle it: students pitched ideas for the [**Made By Me National Commercial Challenge**](#), a 2013 competition organized by the Office of National Drug Control Policy. Youth ages 13-18 submitted 60-second videos to share their ideas for an Above the Influence public service announcement.

To understand the message and the activities behind Above the Influence, it may help for both youth and staff to check out the messages and multimedia on [**the campaign's website**](#) and to [**see the idea that was selected as a winner**](#). The arrow you see throughout the website is Above the Influence's symbol for youth who stay "above the influence" of drugs and alcohol.

Do you get a sense of what this part of the project looks like? Good, then let's think about the learning activities that youth undergo to complete this product as part of answering the big driving question. Click the headers below to learn more.

- 1. Do Research**
- 2. Conduct Interviews**
- 3. Consult Experts**
- 4. Design and Build Something**



Resources on Y4Y

Y4Y › Learn › Strengthening Partnerships › Implementation Strategies › Identify Partners

- Find partners who specialize in supporting young people in difficult situations, such as drug and alcohol abuse. Whether the youth are experiencing addiction issues or are concerned about a family member or friend, you can find advice and assistance through these sources, and encourage youth to do the same.
 - > Connect with a local effort already working towards a safe and healthy, drug-free community through [Community Anti-Drug Coalitions of America](#).
 - > Take a look at Above the Influence's [Get Help](#) page ([Ask the Doc](#), [Help a Friend](#), and [When Parents Use](#)).
 - > Get steps to take, facts to know, and a helpline to call at [The Partnership at drugfree.org](#) and [Time to Get Help](#).
 - > Find nearby treatment options using the [Treatment Finder](#) on the Substance Abuse and Mental Health Services Administration's website.

Coach's Commentary

- **What considerations do afterschool programs think about when identifying partners?**
 - **How do afterschool programs choose partners?**
- 



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Project-Based Learning



Civic Learning and Engagement



Aligning With The School Day



STEM



Strengthening Partnerships



Family Involvement

Drug and Alcohol Prevention

Drug and Alcohol Prevention

Find resources to support your program's efforts around **Drug and Alcohol Prevention**.

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[Community Anti-Drug Coalitions of America](#)

[Community Education Training Materials](#) (DEA)

[The Cool Spot](#) (NIAAA)

[DEA Publications](#)

[Drugs, Brains, and Behavior: The Science of Addiction](#) (NIDA)



**National Institute
on Drug Abuse**

The Science of Drug Abuse & Addiction

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Commonly Abused Drugs Chart

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Drugs of Abuse

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- [Heroin](#)
- [Inhalants](#)
- [K2/Spice \("Synthetic Marijuana"\)](#)
- [LSD \(Acid\)](#)
- [Marijuana](#)
- [MDMA \(Ecstasy/Molly\)](#)
- [Methamphetamine](#)
- [PCP/Phencyclidine](#)
- [Prescription Drugs](#)
- [Salvia](#)
- [Steroids \(Anabolic\)](#)
- [Tobacco/Nicotine Addiction](#)
- [Commonly Abused Drugs](#)

- [Commonly Abused Drugs Chart](#)
- [Commonly Abused Prescription Drugs Chart](#)

Category	Examples of Commercial & Street Names	DEA Schedule	How Administered*
Nicotine	Found in cigarettes, cigars, bidis, and smokeless tobacco (snuff, spit tobacco, chew)	Not scheduled	Smoked, snorted, chewed
Alcohol	Beer, wine, spirits	Class I	Oral
Heroin	Black tar, brown sugar, white powder	Class II	Oral, injected, snorted
Cocaine	Crack, freebase	Class II	Oral, injected, snorted
MDMA (Ecstasy/Molly)	Ecstasy, molly	Class II	Oral
Methamphetamine	Speed, crystal	Class II	Oral, injected, snorted
PCP/Phencyclidine	Angel dust	Class II	Oral, injected, snorted
LSD (Acid)	Acid, blotter	Class II	Oral
K2/Spice ("Synthetic Marijuana")	Juice, K2, Spice	Not scheduled	Oral
Club Drugs	Ecstasy, molly, ketamine	Class II	Oral
Bath Salts (Synthetic Cathinones)	Blue, white, yellow	Class II	Oral
Salvia	Salvia	Not scheduled	Oral
Steroids (Anabolic)	Testosterone, anabolic steroids	Class II	Oral, injected
Prescription Drugs	Opioids, benzodiazepines, stimulants	Class II	Oral, injected

Lists substances of abuse, including tobacco, alcohol, illicit and prescription drugs, listing their common and street names, how they are generally administered, and their potentially harmful health effects.

Revised: March 2011
Author: National Institute on Drug Abuse

Abuse

Tobacco

Category & Name	Examples of Commercial & Street Names	DEA Schedule	How Administered*
Nicotine	Found in cigarettes, cigars, bidis, and smokeless tobacco (snuff, spit tobacco, chew)	Not scheduled	Smoked, snorted, chewed

Acute Effects - Increased blood pressure and heart rate

Health Risks - Chronic lung disease; cardiovascular disease; stroke; cancers of the mouth, pharynx, larynx, esophagus, stomach, pancreas, cervix, kidney, bladder, and acute myeloid leukemia; adverse pregnancy outcomes; addiction

[PDF \(695 KB\)](#)

Looking for Treatment?

Use the [SAMHSA Treatment Locator](#) or **1-800-662-HELP**.

Featured Publication



Drugs, Brains, and Behavior - The Science of Addiction

As a result of scientific

research, we know that addiction is a disease that affects both brain and behavior.

[Read more](#)

[easyread.drugabuse.gov](#)

**Easy-to-Read
Drug Facts**



[Family Checkup: Positive Parenting Prevents Drug Abuse](#) (NIDA)

[GetSmartAboutDrugs](#) (DEA)

[Heads Up: Real News about Drugs and Your Body](#)

[The Medicine Abuse Project](#)



[National Association for Children of Alcoholics](#)

[National Registry of Evidence-Based Programs and Practices](#) (SAMHSA)



[NIDA for Teens](#)

[NIDA Publications](#)

[NIDA Teaching Packets](#)



[A Parent's Guide to the Teen Brain](#)

[The Partnership at drugfree.org](#)



[Peer Pressure](#) (NIAAA)

[PEERx: Teen Prescription Drug Abuse Prevention](#) (NIDA)

[PDF Downloads of Drug Data Sheets](#) (DEA)

[Project ALERT](#)



[Rx for Understanding: Be Smart About Prescription Drugs \(Grades 5-8\)](#)

[Rx for Understanding: Preventing Prescription Drug Abuse \(Grades 9-12\)](#)

[SAMHSA Underage Drinking](#)



[Sara Bellum Blog for Teens](#) (NIDA)

[Seeking Drug Abuse Treatment: Know What To Ask](#) (NIDA)



Q & A



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Join the Y4Y Community

Please fill in the following fields to become a registered member of the Y4Y community.

Your Name

Your display name will be shown when sharing in discussions or uploading user content. If you do not enter a display name, your first name and last initial will be used by default (e.g. JohnD)

Your Email

Benefits of joining the Y4Y community include...

- Save your work in modules, including the notes in your Notebook
- Participate in the webinars and discussion forums
- Connect with colleagues and programs
- Have the option of receiving email newsletters keeping you informed about new developments to Y4Y, upcoming Webinars and other important afterschool news

You for Youth will collect no personal information about you unless you choose to provide that information to us. We do not give, share, sell or transfer any personal information to a third party.

NEW! Check for Understanding

Y4Y > Learn > STEM > Introduction > Check for Understanding

Check for Understanding

1. The abbreviation STEM stands for all of the following except:

- ☐ Science
- ☐ Technology
- ☐ Exercise
- ☐ Mathematics

2. True or false: STEM activities should be done only during the school day.

- ☐ True
- ☐ False

3. STEM activities in Out-of-School Time work best when they are:

- ☐ Real, active, local
- ☐ Theoretical
- ☐ Lecture-based
- ☐ All of the above

4. Out-of-School Time staff can build students' critical thinking skills by:

- ☐ Having students memorize facts
- ☐ Asking effective questions
- ☐ Giving answers
- ☐ All of the above

5. _____ learning is an approach to learning that involves exploring, asking questions, and making discoveries.

- ☐ Expert
- ☐ Academic
- ☐ Classroom
- ☐ Inquiry

NI

Completion

The You For Youth (Y4Y) Portal
presents a

CERTIFICATE

Of Completion

Karen Tylek

has demonstrated understanding of the Introduction to

STEM

on You for Youth

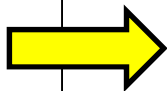
March 21, 2014

on this date

YOU FOR YOUTH



y4y.ed.gov



completed

completed

completed

completed

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completed

completed

completed

completed



Today's Webinar

- Learn about the Drug and Alcohol Prevention resources available on Y4Y.
- Gain ideas for integrating Drug and Alcohol Prevention into your program
- Discuss strategies for working with staff, students, and families.





Next Steps

Visit the **Network** section on Y4Y to:

- Download today's PowerPoint presentation
- View a recording of today's webinar
- Access resources highlighted in today's webinar

Don't forget to register!

<http://y4y.ed.gov/join>

Thank You!



Y⁴Y
YOUTH